

New Flag at Senior Center
Thanks to Norma Moulton “long may it wave”!

Mission Statement ...to facilitate seniors' ability to live independently and enjoy a high quality of life...to provide life-enriching activities, relevant information on all issues that affect them, and assist them in obtaining any services necessary to their well-being.

Sheffield Senior Crier

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Sheffield, MA 01257

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Don't Wait Until It's Too Late!

Medicare's New Open Enrollment Period
October 15 - December 7
(SEE ARTICLE)

*News from the Sheffield Senior Center, 25 Cook Road
(Published in part with funding from Executive Office of Elder Affairs)*

Hours: Mon-Fri 9-2:30 John-Arthur Miller, Director Telephone 229-7037 Barbara Fletcher, Assistant Director

September 2011 - Calendar of Events

Blood Pressure Clinic	Fri, Sept. 9 , 9:00
Sheffield Fair at the Park – COA and Friends Booth NEEDS BAKED GOODS! (deliver them to Senior Center on Friday)	Sat, Sept. 10 , 12-5
Foot Clinic	Mon, Sept. 12 , 9:00
Council on Aging Meeting	Fri, Sept. 16 , 9:30
For ARTS' Sake	Thur, Sept. 8 & 22 , 10:30
Foot Clinic	Mon, Sept. 12 , 9:00
3rd Thursday Lunch – Pot luck with a trip to Alaska! (see article)	Thur, Sept. 15 , 12:00
Commission on Disabilities' Speaker at Sheffield Town Hall (see article)	Fri, Sept. 16 , 3:30
Friends of the Sheffield Senior Center Meeting	Thur. Sept. 20 , 10:30
Red Hatters' bus trip to Lake George	Tues. Sept. 27 , 8:00
Game Day (see article)	Mondays, 9-2:30
TV Viewing of Sheffield Board of Selectmen Meeting	Tuesdays, 12:30
Physical Fitness/ Exercise Class	Tuesdays & Thursdays, 9-10
“Lawn Chair Movie Tuesdays”	Tuesdays, 11:30 at Sheffield SC
“Clare Teague Movie Mondays”	Mondays, 12:00 at Claire Teague
Morning Walking Strolls (see article)	Wednesdays, 9:00
Computer Help Class	Wednesdays, 10:00
Knitting Together	1 st Wed. 3:30 (Sept.7) at Our Lady of the Valley Parish Hall
	3 rd Sat. 11:00 (Sept.17) at Episcopal/Lutheran Church
Sheffield Food Pantry at Old Parish Church	Mondays, 9:00
Library Knitting Group (Bushnell-Sage Library)	Wed. Evenings 6-8
Sheffield Writers' Forum	Thursdays, 1:00
Breaking Bread Kitchen at American Legion	Thur. Evenings 5:30-6:30
Meals on Wheels	Weekdays except Holidays

Sheffield Senior Crier is regularly posted on the town website (www.sheffieldma.gov)

*Weekly updates of activities can be found in the
Senior Bulletin Board section of the Monday edition of the Berkshire Eagle.*

Director Thoughts:

It occurred to me the other day, again, while talking to a Sheffield citizen, how fortunate we are to live in a community that cares. As the Director of the Senior Center I am privy to many acts of generosity and caring that go unnoticed by the general population. As an advocate for seniors, over 25% of the population here in Sheffield, much of my job is connecting people to people in order to provide for unmet needs, give people a boost to get over a particular hump in their life, or to help people to feel better about themselves, especially when they have developed the wisdom and experiences of many years, perhaps a few more aches and pains, and the recognition of changing values that comes with age. I thank all the folks – young and old - who go out of their way to help friends, neighbors, and relatives with whom they come in contact. I also welcome their trust and respect their anonymity in these efforts. These unheralded acts continue to give me energy in my work and I'm sure does the same for those individuals giving and receiving those acts of generosity and caring. It's a WIN WIN situation! Keep it up!

John-Arthur Miller

Center News

Movie Mondays & Tuesdays in September – FREE!

Mondays at Claire Teague – 12:00

Sept 12 – Good Night and Good Luck (2005)

Sept 19 – His Girl Friday (1940)

Sept 26 – The Pelican Brief (1993)

Tuesdays at Cook Road Clubhouse – 11:30

Sept 6 – The King's Speech (2010)

Sept 13 – The Queen (2006)

Sept 20 – Get Low (2009)

Sept 27 – Is Anybody There? (2008)

Men's Breakfast a Success

Sheffield Senior Center played host to 15 men with appetites and a story this past month. If you missed it – don't worry – we'll do it again. It was generally agreed this gathering was a good way to get some guys out of the house early with those still active being able to get to work around 9:00. "where were you...when?" was the theme this time around with stories from each decade starting in the 20s. Toward the end of the hour two saints, Gillian and Judy, arrived with aprons to help clean up! Bless them! Future programs might include a discussion and info on men's health issues and sharing other stories, i.e. "what was your first job?" Stay tuned for info about the next Men's Breakfast.

Walkers on Wednesdays and Games on Mondays!

Mondays are pretty quiet until noon when the Bridge foursome arrives to enjoy a couple hours with Charles Goren! There is plenty of space for more people and different games! Scrabble, Gin (the card game!), jigsaw puzzles, chess, checkers, are only a few. There has been some interest in pinochle! And, of course, all are welcome to Wii bowling anytime- not just Tuesdays and Thursdays as scheduled in this newsletter!

Wednesday morning could also use some more walkers to enjoy the birds, a stroll over the covered bridge, and a gander at the river if you like. Nothing better than Mother Nature to make you feel good about life. Come on down to the Cook Road Clubhouse and enjoy!

Keep in Mind! Change in Open Enrollment Time!

This year the open enrollment period for 2012 Medicare plans is 10/15-12/7. This is a big change and Winnie Veretto, our S.H.I.N.E. volunteer will give a presentation on Wed, October 5 at 10AM to help clarify. Mark your calendar! After December 7 it is TOO LATE!!

3rd Thursday Lunch to feature Alaska tourists from Sheffield Senior Center!

September 15 our lunch will be a potluck and virtual trip to Alaska. Frank Clarke, Sandy French and their respective spouses will be sharing pictures and stories of their adventures to the 49th state. Hope you all can make it. Bring a dish to share. Activities begin at 12:00.

Sheffield Commission on Disabilities' Speaker

Bryan Ayers, CEO of Community Health Programs (CHP) will be talking on the topic, "Low-Cost Health Care in South County" on Sept. 16, 3:30PM, at the Sheffield Town Hall. A representative from Volunteers in Medicine (VIM) will be there as well. Anyone, with or without disabilities who has need of medical services, might find this presentation helpful.

Resource Materials on Disabilities Available at the Bushnell-Sage Library

The Bushnell-Sage Library has assembled an extensive collection of informational materials on disabilities. Through the month of September, these resources will be on display and available to anyone interested in accessing these materials. The Bushnell-sage Library is located at 48 Main Street, Sheffield, MA and is open Tues.-Thurs. 10-5; Fri. 10-8; Sat. 10-5; and Sun. 2-5. For more information, call (413) 229-7004.

Volunteer Receptionist Positions Open

Because of some shifts in scheduling there are positions available for volunteers to (wo)man the reception desk for various 3 hour slots. Please call Director John-Arthur Miller to express your interest and to set up an interview for this important work.

Unmet Transportation Needs

In our rural area transportation needs are difficult to satisfy for many seniors. With driving limited for many seniors, weather conditions in the northeast so changeable, costs for private service unaffordable and public transportation non-existent, people depend on family and friends to get to doctor appointments, shopping and other errands. The Sheffield Council On Aging is trying to determine how people in our area cope with this situation with the hope of thinking toward the future as more and more seniors must live on fixed incomes.

In the next month members of a calling committee will be calling and asking seniors some questions in order to gather information that will be helpful in brainstorming transportation options. They will politely identify themselves as calling for the Sheffield Council On Aging. The questions will be similar to the following:

Do you drive yourself to appointments, shopping, and errands?

If no, do you have family, friends, other volunteers, or pay someone to drive you?

Have you ever or do you regularly use Southern Berkshire Elderly Transportation Corporation (SBETC) for any of your transportation needs?

If you do not feel comfortable sharing that information on the phone we would still like to hear from you and hope that you might call or write to us at your convenience. You can address it to John-Arthur Miller, Director
Thank you for helping us to gather this information.

Flu Clinic Scheduled for Fri. Oct.14

Friends Tag Sale Scheduled for Sat. Oct. 22